Choosing the Best Whole Grain Bread

Which is the best choice?

Example 1

Wheat flour, water, brown sugar, wheat bran, flaxseed, rye flour, oats, sunflower seed, salt, soybean oil, yeast, glucose, soya flour, potato flour, wheat gluten, natural enzymes, ascorbic acid, vinegar.

Example 2

Stone ground, whole wheat flour, water, brown sugar, oats, vegetable oil, sunflower seed, yeast, ground millet, salt, honey, flaxseed, vinegar, cultured whey, soy lecithin and enzymes.